

Section	Title	Day	Time	Start Date	End Date	Prerequisites	Equipment
PE.0316-1	Hip Hop (Remote)	MW	1:00 PM	1/4/2021	2/3/2021	This remote synchronous course requires students to have the following: Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.	Workout clothes, footwear and water bottle.
PE.0323-1	Salsa (remote)	MW	7:00 PM	1/4/2021	2/3/2021	same as above	Workout clothes, footwear and water bottle.
PE.0447-1	Group Exercise- Functional Fitness (Remote)	MW	6:00 PM	1/4/2021	2/3/2021	same as above	Workout clothes, footwear and water bottle.
PE.0448-1	Group Exercise- HIIT (Remote)	TR	5:00 PM	1/5/2021	2/2/2021	same as above	Workout clothes, footwear and water bottle.
PE.0449-1	Group Exercise- Pilates (Remote)	MW	6:00 PM	1/4/2021	2/3/2021	same as above	Workout clothing, towel or mat and water bottle.
PE.0449-2	Group Exercise- Pilates (Remote)	TR	3:00 PM	1/5/2021	2/2/2021	same as above	Workout clothing, towel or mat and water bottle.
PE.0450-1	Group Exercise- Yoga (Remote)	MW	10:00 AM	1/4/2021	2/3/2021	same as above	Workout clothes, towel or mat and water bottle.
PE.0450-2	Group Exercise- Yoga (Remote)	MW	5:00 PM	1/4/2021	2/3/2021	same as above	Workout clothes, towel or mat and water bottle.
PE.0450-3	Group Exercise- Yoga (Remote)	TR	2:00 PM	1/5/2021	2/2/2021	same as above	Workout clothes, towel or mat and water bottle.
PE.0451-1	Strength Training at Home (Remote)	MW	2:00 PM	1/4/2021	2/3/2021	Students must attend first 4 classes.This remote synchronous course requires students to have the following: Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.	Sneakers/footwear and comfortable workout clothing. At least one of the following: Backpack and textbooks/or other heavy items, resistance band, towel and water bottle.
PE.0452-1	Yoga (Remote)	TR	6:00 PM	1/5/2021	2/2/2021	This remote synchronous course requires students to have the following: Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.	Workout clothes, mat or towel and water bottle.
PE.0452-2	Yoga (Remote)	TR	7:00 PM	1/5/2021	2/2/2021	same as above	same as above
PE.0528-1	Fitness/Stress Management (Remote)	MW	11:00 AM	1/4/2021	2/3/2021	This remote synchronous course requires internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.	Sneakers/footwear, comfortable workout clothing and water bottle.
PE.0528-2	Fitness/Stress Management (Remote)	MW	1:00 PM	1/4/2021	2/3/2021	same as above	same as above
PE.0528-3	Fitness/Stress Management (Remote)	MW	7:00 PM	1/4/2021	2/3/2021	same as above	same as above
PE.0528-4	Fitness/Stress Management (Remote)	TR	11:00 AM	1/5/2021	2/2/2021	same as above	same as above
PE.0528-5	Fitness/Stress Management (Remote)	TR	1:00 PM	1/5/2021	2/2/2021	same as above	same as above
PE.0528-6	Fitness/Stress Management (Remote)	TR	2:00 PM	1/5/2021	2/2/2021	same as above	same as above

PE.0529-1	Fitness/Meditation (Remote)	MW	4:00 PM	1/4/2021	2/3/2021	same as above	same as above
PE.0530-1	Fitness/Nutrition (Remote)	MW	11:00 AM	1/4/2021	2/3/2021	same as above	same as above
PE.0530-2	Fitness/Nutrition (Remote)	MW	5:00 PM	1/4/2021	2/3/2021	same as above	same as above
PE.0532-1	Fitness and Resiliency (Remote)	TR	4:00 PM	1/5/2021	2/2/2021		
PE.0810-1	Sport TaeKwonDo (Remote)	MW	7:30 PM	1/4/2021	2/3/2021	This remote synchronous course requires students to have the following: Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.	Workout clothes and water bottle.
PE.4100-1	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	Attendance required at 2 synchronous zoom meetings (week 1 and week 4 held between 5p-7p EST- specific date and time will be in course announcements sent to you by instructor) and completion of weekly asynchronous assignments. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	None
PE.4100-2	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4100-3	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4100-4	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4100-5	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4100-6	Foundations of Physical Fitness (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-1	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	Attendance required at 2 synchronous zoom meetings (week 1 and week 4 held between 5p-7p EST (specific date and time will be in course announcements sent to you by instructor) and completion of weekly asynchronous assignments. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	None
PE.4200-2	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-3	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-4	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-5	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-6	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None
PE.4200-7	Wellness Foundations (Remote)	TR	5:00 PM	1/5/2021	1/28/2021	same as above	None